

# Indian Head Massage



A relaxing Therapy for relieving Mental, Physical and Emotional stress.

## Benefits

### Physical benefits

- Increased blood supply to the regions being massaged.
- Increased nourishment to the hair follicle so promoting shiny healthy hair.
- Aids flexibility in neck and shoulder by massaging the muscle.
- Stimulates and improves the flow of blood, lymphatic drainage and circulatory systems.
- Relieves tension headaches, eyestrain and nasal congestion.
- Psychological benefits:
- Improves concentration.
- Creates a sense of relaxation as muscles ease and joints become less stiff.
- Alleviates daily stress so helping to ease anxiety and improve overall mental state.
- Brings about a sense of tranquillity and calm.
- Energy benefits:
- Removes blockages within the energy (Marma points) system.
- Revitalises the whole being.
- Aids with healing on all levels.

### Consultation and after care

Before any treatment can take place a consultation will be needed, during this time you can discuss about the treatment and all aftercare advice will be given.

### Objective and benefits of Indian Head massage

To relieve tensions caused by daily stress that have built up in the shoulders, upper back, neck, face and scalp by means of massage strokes and energy work.

### CANCELLATION FEE

If you cancel within 12 hours or do not attend the appointment then a 50% fee of the normal price must be paid for.

### Treatment costs

Home treatments (radius outside 5 miles of Crook; extra cost 45p per mile to be added) & various venues.

#### • Initial treatment;

Cost £30.00 (Time approximately 45 minutes)

First treatment to include; (Initial Consultation with form to be filled in and after care advice).

#### • Follow up treatments;

Cost £25.00 (Time approximately 30 minutes)

### History

Malish (Punjab), Champissage (Hindi) - meaning massage of the head and neck.

Head massages originated as part of the ancient Indian practice of medicine, called Ayurveda. Ayurveda is based on balancing the body, mind and spirit to promote a long life, used with herbs, spices and oils so to promote good health and encourage the body's natural healing powers.

The tradition of Indian head massages was confined to India until Narendra Mehta travelled to England in 1973 to study physical therapy. He began offering the head massage practice in England and it spread to other Western countries as more people learned the technique. Narendra Mehta also expanded the tradition to a more holistic massage of the head, neck and shoulder region.

### Techniques of Indian Head Massage

All treatments will be seated with the client wearing suitable clothing (usually a vest top as therapist will be working on shoulders, arms, neck, and scapula).

Your Therapist will then make a connection by placing hands on top of shoulders and asking you to focus upon your breathing so creating a sense of relaxation, from here your shoulders and arms will receive effleurage and then your Therapist will start on the neck working along the shoulders, arms and hands, repeated on other side.

Working on the back your Therapist will apply light pressure to areas that hold tension.

Your Therapist will then apply gentle massage strokes to your face before working on your Marma points (pressure points) once completed your Therapist will work alongside the hair line before concentrating on massaging the scalp.

On finishing your Therapist will ground and effleurage your shoulders finishing off at the elbow.

### Get in touch today

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